

Mathers Clinic Goldberg's Depression Scale

Name: _____ Date: _____/_____/_____

Directions: Cross out the answer that best describes your attitude for each question. Use the ratings below:

0 = Not At All 1 = Just A Little 2 = Somewhat 3 = Moderately 4 = Quite A Lot 5 = Very Much

| Goldberg's Mania Scale | Not At All | Just A Little | Somewhat | Moderately | Quite A Lot | Very Much |
|---|-------------------|----------------------|-----------------|-------------------|--------------------|------------------|
| 1. I do things slowly. | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. My future seems hopeless. | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. It is hard for me to concentrate on reading. | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. The pleasure and joy has gone out of my life. | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. I have difficulty making decisions. | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. I have lost interest in aspects of life that used to be important to me. | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. I feel sad, blue, and unhappy. | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. I am agitated and keep moving around. | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. I feel fatigued. | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. It takes great effort for me to do simple things. | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. I feel that I am a guilty person who deserves to be punished. | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. I feel like a failure. | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. I feel lifeless — more dead than alive. | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. My sleep has been disturbed too little, too much, or broken sleep. | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. I spend time thinking about HOW I might kill myself. | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. I feel trapped or caught. | 0 | 1 | 2 | 3 | 4 | 5 |
| 17. I feel depressed even when good things happen to me. | 0 | 1 | 2 | 3 | 4 | 5 |
| 18. Without trying to diet, I have lost, or gained, weight. | 0 | 1 | 2 | 3 | 4 | 5 |

Comments: _____

Medication: _____

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Crystal Lake: 145 S Virginia St, Crystal Lake, IL 60014
Woodstock: 715 W Judd St, Woodstock, IL 60098
Elgin: 420 Airport Rd, Ste C, Elgin, IL 60123
Fox Lake: 101 Towne Centre Ln, Fox Lake, IL 60020

phone: 815.444.9999 fax: **815.986.1363**
 phone: 815.444.9999 fax: **815.986.1363**
 phone: 847.462.6099 fax: **847.628.6064**
 phone: 224.908.3005 fax: **847.531.1296**